



Statistics Report 20045, Rice, white, long-grain, regular, enriched, cooked

Report Date: June 27, 2017 04:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	68.44	--	0.398	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	130	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	544	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	2.69	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.28	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.41	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	28.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.05	--	0.000	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	09/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	10	--	0.868	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	1.20	--	0.093	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	12	--	0.566	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	43	--	1.833	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	35	--	1.936	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1	--	0.314	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.49	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.069	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.472	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	7.5	--	0.459	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fluoride, F 1 2 3	µg	41.1	--	12.798	3	78.9	6.0	9.82	72.451	3	Analytical or derived from analytical		-- 03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed		-- 10/1989
Thiamin	mg	0.163	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Riboflavin	mg	0.013	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Niacin	mg	1.476	--	0.075	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Pantothenic acid	mg	0.390	--	0.033	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Vitamin B-6	mg	0.093	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Folate, total	µg	58	--	--	--	--	--	--	--	--	Calculated or imputed		-- 09/1997
Folic acid	µg	55	--	--	--	--	--	--	--	--	Calculated or imputed		-- 05/2000
Folate, food	µg	3	--	0.184	--	--	--	--	--	--	Analytical or derived from analytical		-- 10/1989
Folate, DFE	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2006
Choline, total 4	mg	2.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine ⁴	mg	0.3	--	--	0.2	0.5	1.0	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	20044	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{5 6 7}	µg	0.0	--	--	0	0.1	1.0	--	--	2	Analytical or derived from analytical	--	09/2002

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.222	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.524	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Flavonoids													
Flavan-3-ols													
(+)-Catechin ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁸	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁹	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--

Sources of Data

¹Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

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⁵S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

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